

01 August 2006

10 Reasons to stay alert

10. Paying attention is much cheaper than paying a doctor.
9. Hazards love to feast on the tender flesh of the space cadet
8. Donate your eyes to the eye bank if you're not going to use them.
7. Daydreams aren't as fun as the real things.
6. Keeping your head in the lunch basket is bad for your posture.
5. That beam heading straight for your head is worth watching.
4. There's a lot of dangerous stuff trying to sneak up on you.
3. You're so cute when you concentrate.
2. A wandering mind leaves your body defenseless.

And the number one reason to stay alert:

1. You want to be a survivor who's never voted off the island!

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Safety and Health Newsletter

**Shock tactics wake people up to their safety responsibilities**

Studies of serious lost-time injuries and workplace deaths point time and time again to the human factor.

When supervisors see workers starting to yawn or nod off during a safety brief or meeting, this is the time to give them a wake up call to the need for safety vigilance.

Safe operating procedures, engineered safety guards, strictly enforced safety rules and so on make a poor defense against injuries and

deaths unless workers sincerely believe in safety, actively promote it, and take personal and joint responsibility for protecting themselves. Unfortunately, it's easy for workers to pay lip service to safety responsibility, while privately, they adopt a casual or even a cynical attitude towards safety.

When nothing bad happens at work, workers tend to adopt the attitude:

→ "I've done this for so long, I know just how far I can go".

- "Safety procedures are overkill for new workers".
- "Safety rules are for softies".

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Unsafe behavior? Time for a wake up call!

Source: smarttalks.com

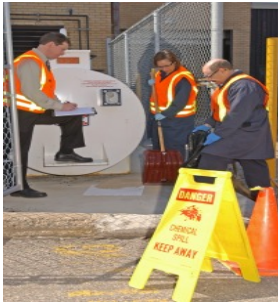
Find a better word than "Carelessness"

When reporting verbally or in writing on the results of an accident investigation, it's tempting to sum up the cause as "carelessness." This indicates that the accident probably could have been avoided if someone hadn't done—or failed to do—something. But it doesn't really help in pinpointing the real cause—let alone correcting whatever behavior was involved, in order to prevent recurrence.

If an individual's "careless" behavior was at the root of the incident, it probably means that the person did not:

- **THINK**
- **Comply with safety regulations**
- **Follow instructions (written or verbal)**
- **Use safe work procedures**
- **Use sound judgment**
- **Know how to do the work properly**
- **Pay full attention to the work**
- **Wear proper personal protection clothing and/or equipment**
- **Use tools or equipment in a safe manner**
- **THINK!**

So, if your input is ever sought as to the cause of a particular accident, find a better term than "carelessness." You'll probably find it on the foregoing list. Remember, the more exact you can be, the more likely we can avoid a repetition.



5S helps improve workplace efficiency, effectiveness and safety

*“No ifs,
ands, or
butts—
smoking is
a hazard”!*



Fact: Tobacco causes more than 440,00 deaths each year in the U.S.

About 5S

5S is a reference to five Japanese words that describe standardized cleanup:

Seiri (tidiness, organization). Refers to the practice of sorting through all the tools, materials, etc., in the work area and keeping only essential items. Everything else is stored or discarded. This leads to fewer hazards and less clutter to interfere with productive work.

Seiton (orderliness). Focuses on the need for an orderly workplace. Tools, equipment,

and materials must be systematically arranged for the easiest and most efficient access. There must be a place for everything, and everything must be in its place.

Seiso (cleanliness). Indicates the need to keep the workplace clean as well as neat. Cleaning in Japanese companies is a daily activity. At the end of each shift, the work area is cleaned up and everything is restored to its place.

Seiketsu (standards). Allows for control and consistency. Basic housekeeping standards

apply everywhere in the facility. Everyone knows exactly what his or her responsibilities are. House keeping duties are part of regular work routines.

Shitsuke (sustaining discipline). Refers to maintaining standards and keeping the facility in safe and efficient order day after day, year after year.

Additional practices are frequently added to 5S, most often a 6th optional S, which stands for Safety.

Source: Wikipedia

Facts about tobacco

For centuries, people have chewed and smoked tobacco, which comes from the plant *Nicotiana tabacum*. The reason tobacco is used by so many people is because it contains a powerful drug known as nicotine.

When tobacco is smoked, nicotine is absorbed by the lungs and quickly moved into the bloodstream, where it is circulated throughout the brain. All of this happens very rapidly. In fact, nicotine reaches the brain within 8 seconds after someone inhales tobacco smoke. Nicotine can also enter the bloodstream through the mucous membranes that line the mouth (if tobacco is chewed) or nose (if snuff is used), and even through the skin. Here are some of the effects of nicotine:

- Nicotine affects the entire body.
- Nicotine acts directly on the heart to change heart rate and blood pressure.
- It acts on the nerves that control respiration to change breathing patterns.
- In high concentrations, nicotine is deadly, in fact one drop of purified nicotine on the tongue will kill a person. It's so lethal that it has been used as a pesticide for centuries.

Did you know that nicotine is as addictive as heroin or cocaine? If someone uses nicotine again and again, such as by smoking cigarettes or cigars or chewing tobacco, his or her body develops a tolerance for it. Eventually, a person can become addicted. Once a person becomes addicted, it is extremely difficult to quit. People who start smoking before the age of 21 have the hardest time quitting, and fewer than 1 in 10 people who try to quit smoking succeed.

America's Leading Preventable Killer

Withdrawal may be bad, but long-term smoking can be much worse. Here are some of the effects of long-term smoking:

- It raises your blood pressure.
- Dulls your senses of smell and taste.
- Reduces your stamina.
- Wrinkles your skin.

More dangerously, long-term smoking can lead to:

- fatal heart attack
- strokes
- emphysema
- Cancer

You may be surprised to learn that tobacco use causes far more ill-

nesses and death than all other addicting drugs combined. One out every six deaths in the United States is a result of smoking. But even when faced with risk of death, many people keep using tobacco because they are so addicted to nicotine.

Smokeless tobacco also has harmful effects. Chewing tobacco can cause damage to gum tissue and even loss of teeth. It reduces a person's ability to taste and smell. Most importantly, smokeless tobacco contains cancer-causing chemicals that can cause cancers of the mouth, pharynx, larynx, and esophagus.

This can even happen in very young users of chewing tobacco. In fact, most people who develop these cancers were users of chewing tobacco.



Source: Medline.com

Shock tactics cont'd...

Source: safetyworld.com

Continued from page 1

When people turn off their safety antennae, something must be done to wake them up. Taking shortcuts with impunity may one day lead to “paying a high price”.

Although safety is everyone's responsibility, supervisors have the duty of enforcing it. If you are a supervisor, and you sense or see that one of your workers is: casual about safety; taking short cuts when no one is looking; and paying lip service to the need of safety, then here's what you can do:

1. Recognize that enforcing the rules isn't enough. Rules alone will not keep your associate safe. People must work safely because they want to work safely.
2. Gather out all the war stories you can find. In every industry, there are horror stories of people taking shortcuts and seriously injuring themselves. Run through one or another of them at every meeting. Show workers how vulnerable they are if they don't follow safety procedures.
3. Make it personal. Show team members their statis-

tical chances of an injury and talk about what it will mean to the other team members, if they suffer a similar injury.

4. Stress that workers are not only responsible for themselves, they are responsible to co-workers and to those they hold dear. The real cost of a serious injury is paid by the family. They are the ones who really suffer when a worker is disabled, or worse, gets killed all because he ignored safety procedures.
5. Insist workers to watch out for each other. Other people have the attitude, “If my co-worker wants to take short cuts that is their business”, or “Do as I say, don't do as I do”. Safety Responsibility means setting a good example and seeing that your co-workers work safely too.

As a supervisor, you may use shock tactics when:

- Workers can't tell you the safety rules.
- A macho attitude to PPE and safety rules has crept in their mind set.
- You have to remind people

to wear their PPE.

- You haven't had a lost-time injury for such a long time and workers are becoming complacent.
- You ask for questions at a safety meeting and there aren't any.
- Workers wear sunglasses to safety meetings so you can't tell if they are asleep or not.

Safety is everyone's responsibility—jointly and alone. It's a team effort, involving management, every work crew and each individual team member. When people ignore safety, all those safeguards, administrative procedures, safety rules and protective equipment won't protect them from themselves. As individuals, we have to take charge of our own safety, and make safety “job number one”.



Make sure everyone is paying attention during safety meetings

*“Safety
comes in
cans....I can,
You can, We
can”!*



Safety Department's Activities for August 06

There's always room for improvement.
Visit us at <http://ice.disa.mil> and tell us
how we can improve the island's
safety program.



Need to Report a Safety Hazard?

Call the NSF Safety Office



Safety Representatives Briefing

17 August 06 1330H at the NSF Safety

Training Room Bldg. 301

Target Audience: All newly designated safety representatives

Hazmat Coordinators Briefing

18 August 06 1330H at the NSF Safety

Training Room Bldg. 301

Target Audience: All newly designated Hazmat representatives

Safety Committee Meeting

03 August 06, 1500H at the NSF Conference room

Target Audience: All Safety Representatives

Island Indoctrination

Bi-monthly, 1500H

Acey Deucey Room

Target Audience: All new personnel (mandatory for officers, enlisted and civilian personnel)

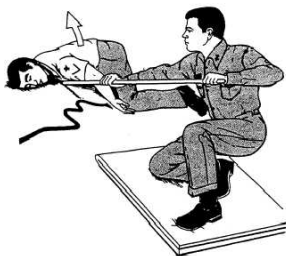


OSH INSPECTION SCHEDULE AUGUST 06

Facility #	Organization	Facility Name
121	Supp/Billeting	BOQ 1
122	Supp/Billeting	BOQ 2
123	Supp/Billeting	BOQ 3
124	Supp/Billeting	BOQ 4
125	Supp/Billeting	BOQ 5
196	Supp/Billeting	BOQ 6
198	Supp/Billeting	BOQ 7
174	Supp/Billeting	BOQ 8
155	Supp/Billeting	BOQ 9
169	Supp/Billeting	BOQ 10
168	Supp/Billeting	BOQ 11
433	Supp/Fuels	CAUSEWAY GAS STATION
427	Supp/Fuels	POL PIER
428	Supp/Fuels	QAE OFFICE, POL PIER

Electrical Burns: First Aid

Source: MayoClinic.com



Use non-conductive objects
to move the victim away
from electrical source

An electrical burn may appear minor or not show on the skin at all, but the damage can extend deep into the tissues beneath your skin. If a strong electrical current passes through your body, internal damage, such as a heart rhythm disturbance or cardiac arrest, can occur. Sometimes the jolt associated with the electrical burn can cause you to be thrown or to fall, resulting in fractures or other associated injuries.

Dial 911 or call for emergency medical assistance if the person who has been burned is in

pain, is confused, or is experiencing changes in his or her breathing, heartbeat or consciousness.

While helping someone with an electrical burn and waiting for medical help, follow these steps:

1. **Look first, Don't touch.**
The person may still be in contact with the electrical source. Touching the person may pass the current through you.
2. **Turn off the source of electricity if possible.**
If not, move the source away from both you and the injured person using a non-conducting object made of cardboard, plastic or wood.

3. **Check for signs of circulation (breathing, coughing or movement).**
If absent, begin cardiopulmonary resuscitation (CPR) immediately.
4. **Prevent shock.**
Lay the person down with the head slightly lower than the trunk and the legs elevated.
5. **Cover the affected areas.**
If the person is breathing, cover any burned areas with a sterile gauze bandage, if available, or a clean cloth. Don't use a blanket or towel. Loose fibers can stick to the burns.